

PROCLAMATION
Behavioral Health/Mental Health Awareness Month
May 2024

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there is strong research that diet, exercise, sleep, and stress management can help all Americans protect their health and well-being; and

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from behavioral health services from seeking help; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

NOW THEREFORE, do I, James Neil Segotta, Jr., Mayor of the City of Raton, New Mexico do hereby proclaim the month of May, 2024 as:

Behavioral Health/Mental Health Awareness Month

and urge all citizens, government agencies, public and private institutions, businesses and schools in Raton to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

IN WITNESS WHEREOF, I have hereunto set my hand and seal and caused the Seal of the City of Raton to be affixed this 23rd day of April, 2024.

ATTEST:


Desire'e Trujillo, City Clerk

CITY OF RATON


James Neil Segotta, Jr., Mayor

